



# McCormick Dementia Services

Advancing community  
outreach and support


## Heads or Tails Race

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## Game Instructions

Each player starts with four men of the same colour on their coloured square (use fewer men for a quicker game).

Use a coin to move your men counter clockwise around the board.

The first player to get all their men around the board and on to the centre star  WINS!

Landing on a space with another player bumps them back to start.

You can have more than one of your coloured men on the board at any time.

### TO MOVE:

**Flip a coin.**

**Heads—move 1 space**

**Tails—move 2 spaces**

